

ABSTRACT

It is an objective of the present invention to provide a soothing agent and a food for treating fatigue whereby: physical strength can be quickly restored from exhaustion (a state with lowered spontaneous motility), such as after exercise or exhausting labor or upon awakening in the early morning; physical strength decline can be prevented; and physical strength can be maintained.

In accordance with the present invention, a soothing agent and/or a revitalizing agent containing protein hydrolysates obtained by degrading substrate protein via germinated soybean cotyledon-derived thiol protease and/or microorganism-derived serine protease are provided.